

2Crunchy Cranberry Salad180

Number of Servings: 180 (156.21 g per serving)

Amount	Measure	Ingredient
9.00	oz	Gelatin, raspberry, sug free, low cal, dry mix, svg
9 1/2	qt	Water, municipal
3 1/2	cup	Juice, pineapple, unswtnd, w/o add vit C, cnd
1 3/4	cup	Juice, lemon, cnd/btl
4 3/4	qt	Cranberry Sauce, whole, cnd
4 1/2	qt	Pineapple, crushed, w/juice, cnd, drained
3 1/4	qt	Celery, fresh, diced
9 1/2	qt	Mandarin Oranges, w/juice, cnd, drained

Nutrients per serving

Nutrition Facts			
Serving Size (156g)			
Servings Per Container			
Amount Per Serving			
Calories 80	Calories from Fat 0		
	% Daily Value*		
Total Fat 0g	0%		
Saturated Fat 0g	0%		
Trans Fat 0g			
Cholesterol 0mg	0%		
Sodium 55mg	2%		
Total Carbohydrate 19g	6%		
Dietary Fiber 1g	4%		
Sugars 14g			
Protein 1g			
Vitamin A 10%	Vitamin C 30%		
Calcium 2%	Iron 2%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Instructions

- * Prepare day ahead.
- * May be made with other flavors of SF Jello

Heat water to boiling and add Sugar Free Jello and stir until completely dissolved.

Drain pineapple. Add (only the amount called for) pineapple juice and lemon juice to dissolved Jello and cool until slightly thickened.

Add drained pineapple & mandarin oranges, cranberry sauce and celery. Refrigerate.

Cut into the yield stated on recipe or serve out 6 oz (3/4 c.) with a 6 oz spoodle or cut into squares equaling 3/4 cup each.

Serving size 3/4 c or 6 oz = 1 fruit/veg serving

3/4 c serving = 20 grams CHO = 1 1/2 Carb Serv

Notes

- * Each 1/2 oz of sugar free Jello = approx 2 Tablespoons
- * Each oz = 1/4 cup
- * Each 1/4 oz = 1 Tablespoon